



## PUBLIC SAFETY AWARENESS

### STOP THE BULLY / Use these four steps of action to stop the bully

**1. Ignore**

Ignore the bully. Do not respond to their actions. Hold back the anger and never get physical.

**2. Walk Away**

Walk away from the situation quickly. Avoid making contact with the bully.

**3. Say "Stop"**

Look the bully in the eyes, stand tall, and tell the bully to "please stop."

**4. Get Help**

If the bully won't stop, tell an adult. Talk to a teacher, family, or friends. Let someone know you are being bullied

### WHAT IS A BULLY? BULLIES...

- Come in all sizes.
- Can be a boy or girl.
- Thrive on power.
- Are mean to others.
- Control their victims.
- Are selfish.
- Hurth others
- Want things their way.
- Are aggressive.

### TYPES OF BULLYING / There are three major ways a person can bully.

**1. Physical Bullying:**

- Pushing
- Kicking Hitting
- Pinching
- Breaking Stuff

**2. Verbal Bullying:**

- Teasing
- Name Calling
- Insults
- Threats

**3. Emotional Bullying:**

- Exclusion
- Tormenting
- Rumors
- Humiliation

### ANTI-BULLYING PLEDGE

I promise not to be mean or pick on others. I will treat my friends and classmates with respect and stick up for them if they are being bullied. Sticking up for someone is the right thing to do.



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